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Retirement THEN & NOW

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# The Magic Number

Submitted by Laurel D'Andrea

When we were young, time seemed to drag by - waiting for the three o'clock bell to ring; waiting for our birthday; and the all mighty visit from Santa wouldn't come soon enough.

As I get older, the days, weeks, months and years just fly by. Only yesterday it seems I was thinking about my two baby boys in diapers with their bottles, and **now it's time to think about Devon and Dallas driving cars, making college choices, and eventually leaving the nest. As I ponder all of that, it makes me contemplate my retirement and what it will bring.** Freedom 55, 60, 65, 70 - what's your magic number?

Times and attitudes have changed when it comes to retirement. Most of our parents worked until they were 65 and then spent their golden years relaxing, traveling and enjoying their grandchildren. When I look at people who are retired now, they are climbing mountains, starting second careers, helping raise their grandkids and are more involved than ever.

The Okanagan is home to some of the most active seniors going, and part of the reason they are so energetic is they consciously choose to keep their minds and bodies healthy. Statistics have shown that if you keep active you will live



PHOTO • CONTRIBUTED

Left to right: Devon, Laurel and Dallas

longer. So what does that mean? Well, for some, it's physical activities, like working out, hiking, yoga, skiing or playing organized sports. For some, it is volunteering and fellowship.

The other great way to keep sharp and healthy is by travelling. More than ever, people have opportunities to travel, whether it is as couples, in a group or by flying solo. There are many agents out there to help us with all we need to plan the right adventure.

Music and the arts are other resourceful ways to stay alert, keep your spirits up and your body limber. Our feature article is about a couple who decided to test drive a passion they wanted to pursue in their golden years. They recently discovered the art of ballroom dancing, which they thought would be fun to do when they had more time - like during retirement. But an opportunity presented itself a little sooner than that, so they are combining their commitment to community and their curiosity for dance.

Darren and Carol Visosky are one of the six couples who will be "Swinging with the Stars" in March 2012. The Central Okanagan Hospice Association is heading into its fourth year with this charity dance competition. It is a night of entertainment and fun, and the participants will be spending the next several months raising money for this worthwhile cause. Two of our lucky readers will have a chance to attend this event. Check out page 20 to see how you can win two free tickets valued at \$400.

I like to think of myself as a person who works hard and will enjoy retirement when it happens. So how will I spend it? I guess a good place to start would be to make that "do-it-while-I-can-and-still-remember-how list." Like I said in the beginning, time certainly has flown by. ■

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ABOUT THE COVER: Carole and Darren Visosky are just one of the six couples who will be "Swinging with the Stars" in March 2012. Check out their article on page 20. Special thanks to The Madison for letting us photograph the cover in the lobby of their building. Carole's dress was provided by Kelowna Costumes on Bernard Ave.



# Driving Miss Daisy

Submitted by Tania Meyer

From the time we are teenagers, having a driver's license symbolizes freedom and independence. Being able to drive makes it possible to work, volunteer, shop, run errands, attend appointments, and socialize, without having to rely on a friend, relative, taxi, or bus for transportation.

On a per-person basis, mature drivers have less than the average number of collisions. But they have more collisions than any other age group based on kilometres driven. A key factor in reducing collisions and maintaining one's license is updating one's driving skills.

Over time, traffic laws, signage and traffic density change, and we change as well. Age-related changes in mobility, vision, hearing, and reaction time, happen gradually and can make driving more challenging. Some medications and medical conditions can also affect alertness and abilities.

The Kelowna & District Safety Council is a non-profit organization that specializes in driver training. **KDSC offers a popular six-hour 55 Alive defensive driving course**, as well as one-hour, in-traffic driving assessments, which help to refresh drivers' knowledge of safe driving practices, increase their confidence and skills, and identify some of their own challenges or limitations.

KDSC finds that many mature drivers are interested in learning current best practices and new ways of coping with today's hectic traffic environment. Other drivers with underlying medical conditions or who have a history of traffic incidents often ask for help in preparing for a mandated Road Test with ICBC.

KDSC has tips for drivers, based on the most common errors during testing. Be sure to shoulder check, scan all intersections, drive at appropriate speeds, watch for school zones, and avoid rolling stops, left foot braking,



and one-handed steering.

For more information on driver safety and training, contact KDSC at 250-765-3163 or visit [www.kdsc.bc.ca](http://www.kdsc.bc.ca).



**TANIA MEYER** has a B.A. from UBC and over 15 years experience in non-profit management. She has been the Executive Director of the Kelowna & District Safety Council for over seven years and is passionate about driver safety and education. ■

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JAMES BEATON'S STORY:

# The Impact of Planned Giving

Submitted by Sandra Mimic

*Helping students find confidence, adjust to campus life and focus on their studies while they embark on their academic career.*



PHOTOS • SHUTTERSTOCK.COM

"It was a daunting task," says Beaton "And at times, I felt that I just wasn't supposed to go to university - the costs and the risks were so high! But receiving the James R. Conway Endowment Scholarship encouraged me to push the boundaries that I had always imagined were there."

**The James R. Conway Endowment Scholarship was established from Conway's estate to assist students from small B.C. and Alberta communities.** Conway understood the financial difficulties of students moving from rural areas to attend university in an urban area. He also appreciated the importance of allowing a first year student the financial freedom to pursue academic goals. When Conway passed in 2007, his legacy began to assist students in need.

When high school student James Beaton received the James R. Conway Endowment Scholarship, he realized doors were open to a first-class university education at UBC's Okanagan campus - an opportunity that might never have existed without this generous gift.

When Beaton started number crunching the costs of living and tuition for university, he realized that his journey towards a bachelor of arts in international relations would be difficult. Beaton, who comes from the small town of Coaldale in southern Alberta, felt the pressure of moving to an urban area and paying for his education.

"This scholarship gave me significant reassurance that I was not completely without a means of attaining my dream," says Beaton. Thanks to Conway's support, Beaton is achieving his academic goals and one day hopes to pursue a law degree and a career with the United Nations in international law.

"Choosing to pursue a job in this

area will allow me to add my voice to those already calling out for justice."

Conway's gift allowed Beaton to spend his first year focusing on his studies and adjusting to living away from his family - all without having to juggle a job. "This gift greatly eased my transition from high school to university and from living with my family to independence. I was able to spend my first year establishing myself on my campus, solidifying my objectives and realizing my passions."

Without financial stress, Beaton made the Dean's List in his first year and won the Deputy Vice Chancellor Scholarship, which is assisting him financially in his second year. As a new UBC Residence Advisor, Beaton is helping other new students find confidence and their place on campus.



James R. Conway began a legacy for students at UBC's Okanagan campus and his bequest lives on in the successes of James Beaton as he focuses on contributing his UBC degree to the global community.

"James R. Conway's gift allowed me to embark on my academic career at a top university... his honourable legacy now includes a little piece of mine."



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If you would like to learn ways you can create a legacy gift that benefits generations of students at UBC's Okanagan campus, contact Development Officer SANDRA MIMIC at 250-807-8532 or Sandra.mimic@ubc.ca. A



UBC Alumna with a background in financial planning, Sandra helps UBC donors create meaningful gifts with long lasting effects.



**start an evolution**

The University of British Columbia's Okanagan campus has embarked on an inspiring fundraising and alumni engagement campaign. You can start an evolution with your gift supporting students.

*"James R. Conway understood the financial obstacles that students face today, particularly those of students who hail from small rural towns. It was out of this understanding, and generosity, that Mr. Conway endowed UBC's Okanagan campus with the funds to create a scholarship aimed at helping this demographic.*

*I am one of the beneficiaries of this fund, and I can say without exaggeration that his gift allowed me to embark on my academic career at a top university in another province (UBC's Okanagan campus) – an intimidating task that I found difficult to even consider with the limited funds available to me.*

*Because of Mr. Conway's contribution to my education, I hope to be able to realize my goal of completing my B.A. in International Relations, and then proceeding to law school. If I succeed, Mr. Conway will be a part of that success." —James Beaton, third-year student.*

**If you are considering a legacy gift that benefits generations of students at UBC's Okanagan campus, contact Development Officer Sandra Mimic at 250-807-8532.**



As he reflected upon his life, **James R. Conway** decided to leave a legacy that would help students from smaller communities attend UBC's Okanagan campus. Upon his passing in 2007, a bequest in his will established the first estate gift for UBC's Okanagan campus: the James R. Conway Scholarship and Bursary Endowment. [startanevolution.ca](http://startanevolution.ca)



**a place of mind**

# Building Futures for Those in Need

Submitted by Lona Manning



PHOTO • SHUTTERSTOCK.COM

It's a long way from the humid, scorching heat of the Middle East to an Okanagan building site in mid-winter. But this is where Ed McLean chooses to be. Ed is one of many active retired people who give their time and talents to Habitat for Humanity Kelowna, the local affiliate of the international charity that builds affordable housing.

Ed spent 20 years in exotic locales like Abu Dhabi as a college administrator. Since retiring to the Okanagan, he's put in many volunteer shifts at Habitat's most recent project, helping to build two duplexes on the Westside. He recalls mornings when it was so cold his hands were shaking as he tried to install a door lock.

In addition to swinging a hammer at the build site, Ed serves on the board of directors. He says a "real plus" of getting

involved with Habitat is the interesting people one can meet, including his fellow director Harri Henschler, a retired air traffic control supervisor. Like Ed, Harri has travelled much of the globe, but chose the Okanagan Valley as a retirement spot. Harri was inspired to get involved with HFH Kelowna following the example set by former U.S. President Jimmy Carter, who serves on Habitat build crews, side by side with others from all walks of life.

In addition to the work done by the build volunteers, much is accomplished behind the scenes. **This is where many retirees can provide guidance and wisdom - and sometimes a plate of brownies, as well.** Audrey Frisken, a retired health professional, is warmly welcomed at the Habitat build site because she brings home-baked treats



Brigitte Reimer - Volunteer Arms.

PHOTO • HULL PHOTOGRAPHIC

from her United Church Women group.

Brigitte Reimer, the longest-serving member of the board, is a former teacher and counsellor who cheerfully admits she doesn't know anything about house-building, but enjoys interviewing the families who apply for a Habitat home. Brigitte and her fellow volunteers, including Audrey, carefully review every application, evaluating the family's willingness to provide 500 hours of "sweat equity" into building their own home and the homes of others.

"It's a real eye opener to see so many families with children in our area who can't afford decent housing," remarks Brigitte.

Habitat partner families pay a no-interest mortgage on the house. Their mortgage payments go back into Habitat's building fund. Volunteer treasurer Irene Pett studied bookkeeping and accounting after her retirement from teaching and now manages the affiliate's funds. Irene was pleased to find that Habitat needed her skills in "an area where I could be useful." Irene believes that home ownership makes a big difference in the lives of the partner families.

"As soon as you put people in a home where they don't have to worry about getting kicked out, there is stability. Home basically provides stability," says Irene.


Ask any of these active seniors why they devote their energies to Habitat and they are likely to explain that they receive as much, or more, than they give. "It makes the day brighter if you go and work for five hours in the morning," Harri explains.

Ed also appreciates what he has learned from his involvement with Habitat, quite apart from the satis-

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faction he feels in helping low-income families. "It's interesting to watch a house being built from start to finish," he notes.

A favourite time for Harri is the dedication ceremony when the selected families move in to a brand new, simple, but decent home. "That's what it's all about for me."

HFH Kelowna has transformed the lives of 70 children to date by moving them out of substandard housing, or from having to move from place to place at the whim of a landlord, and into a home they can call their own.

Although the Kelowna affiliate faces

PHOTO - MORTEN BYSKOV



Volunteers raising a wall at Elk Road building.

challenges such as the rising cost of land, it is continually enriched by the talented volunteers - including dozens of seniors - who are attracted to the mission of Habitat for Humanity. As Ed puts it, "Communities need volunteer legs under them."

To learn more about Habitat for Humanity Kelowna, visit the website at [www.habitatforhumanitykelowna.ca](http://www.habitatforhumanitykelowna.ca).

**LONA MANNING** has served as executive director of Habitat for Humanity Kelowna for over three years and has worked most of her life with non-profits. Lona has been married for 30 years to Ross, a contractor and journeyman carpenter and they have two sons. Lona believes that volunteering is an essential component of life - she has been active on parent advisory councils and volunteered for the Learning Disabilities Association, Heart & Stroke, and SPCA, among others.



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# Living United in Peachland

Submitted by Avril Paice

The Peachland Wellness Centre is a non-profit charitable organization that feels like home. The little house on 5th Street is filled with laughter throughout the week as friends gather.

Lynn Brady stopped by the Wellness Centre when she first moved to Peachland because she needed to buy a headboard and the centre had one stored out back.

"They just let me have it," she says. "So I decided to help wash dishes at the Jerry Dober Sunday Breakfast. I was recovering from cancer, it was all I could really do. Then later I would fill in for the cook or the waitress and it just got to be a lot of fun. This place helped me get better, in more ways than one."

Jerry Dober passed away in 2009, but his spirit lives on in every person who comes through the door and is embraced with kindness. Folks by the dozen

come out every Sunday between 8-11 am for a huge breakfast that costs just \$5.75. I guarantee that it's one of the best (and most fun) dining experiences in the Okanagan Valley.

"Jerry Dober was a real Newfoundland character," says Brady. "He was doing so many good things for the community and I learned a lot from him about giving back to the community where you live."

Brady also volunteers at the Peachland Visitor's Centre, welcoming newcomers to town; teaches crocheting and sells treats at fashion shows in retirement homes.

*"My big message as a volunteer is that you have to be responsible for yourself in saying yes or no. Save yourself for the things you really want to do. And recognize other people - things they do better than you - and let them do it!"*

Anne Chudyk echoes Lynn's words



PHOTO • CONTRIBUTED

Julie, Lynn, Anne, and Ted.

about the importance of volunteering. In their 22 years as Peachland residents, she and her husband Ted were foster parents to over 40 children.

"I loved the fostering. I really wish I had started it sooner," says Anne. "If you can help your fellow man, you do it."

The Chudyks have been a big part of the Wellness Centre family, and still do the grocery shopping for the Sunday Breakfast, though they moved to Penticton five years ago.

"This is unique," says Anne. "There's a certain feeling around here. Whatever you need, they will find a way. When I was cooking, I'd hear all the laughing and jokes and fun going on and I was sort of proud to be part of it. You don't get this in a restaurant and there's a real need for it. I'm just so proud of it."

It takes many hands to keep the Wellness Centre going, and volunteers are concerned that the rising price of groceries and other expenses could threaten treasured programs like the Sunday Breakfast. Despite challenges, love for their community unites them in determination to keep a good thing going.

**AVRIL PAICE** is the Director of Community Investment at the United Way. She uses her social



work background to help non-profit organizations connect with the resources they need to carry out their work. The Peachland Wellness Centre is a United Way Community Partner Agency.

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Last year, The Wilsons supported the CNIB, United Way, UBC Okanagan, Okanagan College, Chamber Music Kelowna, Inn from the Cold, and many other local charities. "Some of our charities are too small to accept direct stock gifts," says Susan. "Giving through the community foundation eliminates that barrier."

The Wilsons received a tax credit based on the fair market value of their stock, while avoiding the capital gains tax that would otherwise arise from its sale.

\*Names changed to protect the privacy of our donors.

To find out more contact the Central Okanagan Foundation #217 - 1889 Springfield Rd. 250.861.6160 or [www.CentralOkanaganFoundation.org](http://www.CentralOkanaganFoundation.org)



# A Musical Retirement

Submitted by Dwight Holmberg



PHOTO • CONTRIBUTED

Trinity Handbell Ringers at "Christmas Hymn Sing", Dec. 19, 2008.



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When considering retirement you might not think there are "handbells" in your future, but there are in mine. Now that I'm officially "out of work," I have lots of time to spend on my musical hobby.

Bells were used in 681AD in Britain. "Great Peter," a bell measuring 5.5-feet in diameter, hangs in Gloucester Cathedral and is still in use today. In 1660, the Wiltshire Foundry of England cast its first "tuned" bronze bell and the handbell choir was born. In 1845, P.T. Barnum brought the first handbells to America, and in 1923 Margaret Shurcliff organized the first American handbell choir.

My wife, Leona and I became interested in handbells in the early 1980s when we heard them rung by a choir from Robert Schuler's "Crystal Cathedral." In 1990, we learned to ring at Trinity Baptist and in 1992, I became the director of the choir.

Over the years I have also refurbished many three-octave bell sets for other

choirs. A three-octave hand-bell set consists of 38 bells, naturals and sharps, and is laid out like a piano. There are usually eleven ringers in a three-octave choir, each responsible for three or four bells. **Each ringer has to be in time and ring only their notes when they come up in the music.** This is an exercise in complete togetherness.

Leona and I helped start a choir in Vernon, and we also help ring in the Seventh Day Adventist Choir in Rutland. Our Trinity choir has rung in many places from Vancouver to Sicamous. Throughout the year, we ring in different churches and senior's complexes. Our busiest time is in December, when we ring nine programs of Christmas carols in six days. The rest of the year we ring hymns in church services, and at senior's complexes we mix in popular tunes from the 1920s and 30s bringing a little sunshine and joy into their lives.

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you've never heard bells played, I encourage you to go when you get the chance. You will be mesmerized.

**DWIGHT HOLMBERG** has found a new way to be musical during his retirement by ringing, directing choirs, refurbishing bells and recomposing songs for the choir to play. If you're interested in ringing, email Dwight at [d.holmberg@shaw.ca](mailto:d.holmberg@shaw.ca)



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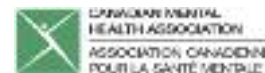
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# Extraordinary Angel: Wendy Creelman



Submitted by Shelagh Turner

PHOTO • CONTRIBUTED



Wendy's family: Tyler, Jason, Alexa, Brianna and Gene. (Not listed in correct order).

people who truly “walks the talk” when it comes to health and wellness and building community.

Wendy is a mother of four outstanding citizens in their 20s. The Creelmans moved to Kelowna in 2007 for her husband's work. Since then, Wendy has been making a positive impact in Kelowna. Wendy's work has focused on the marketing communications needs of many projects related to health, fitness and social change. Soon after turning 50, she completed her Master of Arts in Leadership at Royal Roads University where her focus incorporates the connection between employee well-being and employee engagement. Her specialty lies in her ability to create communications strategies that garner successful buy-in for partnerships, collaboration and change.

Wendy has won several awards for

her work related to a community-wide healthy living campaign, including the YWCA's Women of Distinction Award for Recreation and Healthy Living (2006), and the BC Medical Association's Excellence in Health Promotion Award (2007).

She is the owner of Live Work Play Consulting Inc. LWP's mission is to create healthy organizations and communities by working with business, education, government and community. She puts together health and doable plans to maximize human resource potential by providing tools that encourage self-care, healthy lifestyles and camaraderie. She has brought this expertise to her volunteer role with CMHA.

**Wendy has been an important member of the CMHA Kelowna volunteer Board of Directors since 2009.**

She has been instrumental in creating strategic plans and strategic partnerships for our organization. The leadership of the CMHA Board has enabled our organization to be recognized as the 2010 volunteer organization of the year in Kelowna and the 2011 recipient of the Edward J. Pennington national award for innovation in mental health. Wendy was a member of the Board of the Arts Council of Kelowna and District, hosted an athlete from Switzerland at the recent International Children's Games and currently, she hosts a young student from Germany in their home.

Wendy embodies the perfect volunteer. She is kind and compassionate, she is skilled and clear thinking and she always makes time to fulfill her commitments. We are so lucky to have Wendy as a part of our team and feel she has gone to extraordinary lengths to give of herself in making our community a mentally healthier place to live.

If you have any questions regarding this remarkable person, I am happy to shout from the rooftops why Wendy Creelman is an extraordinary angel.

It is my great pleasure to provide this nomination on behalf of the board and staff of the Canadian Mental Health Association, Kelowna branch. Wendy has made a significant contribution to our organization and brings with her a wealth of experience and passion that has had a positive impact in our community. Wendy is one of those rare

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**Robin Bristow, CA**  
Senior Manager

Interested in building stronger communities; Rob has been involved in projects such as the People Place and VantageOne Soccer Centre in Vernon. Currently he is involved with a Vernon based child care society project and the upcoming 2012 Vernon BC Winter Games. Away from the office, Rob enjoys a round of golf, playing soccer, watching sports and hiking with his hounds.

At MacKay, Rob provides professional services to a variety of clients, with special interest in real estate development and not for profit organizations.

## ...meet MacKay LLP...

Getting involved in the community; Heather is on the Kelowna CA Association Board and is a part of the MacKay United Way Campaign Team. When Heather isn't chasing after her two young children, you might find her curling, golfing or hitting the slopes.

At MacKay, Heather helps U.S. citizens living in Canada who have to file tax returns in both countries. Heather gives practical and individualized advice to her clients regarding their cross-border tax implications.



**Heather Sanders, CA**  
Senior Manager

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Laura-Beth, Tom and Reenie.

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The listing of an event in the Calendar of Events does not indicate endorsement and the exclusion of an event does not imply any disapproval by Kelowna Community Resources. If you have a fundraising event and need volunteers please contact Community Information and Volunteer Centre for inclusion in the Calendar of Events 250.763.8008 ext.24 or 25.

DECEMBER 2011		
Nov 30-Dec 17	Annie, 8pm Kelowna Actors Studio, 1379 Ellis St	10 Kelowna Farmer's Market, Parkinson Rec Centre, 1800 Parkinson Way
Dec 5-Jan 8	Trees of Memories, Kelowna Memorial Park Cemetery, 1991 Bernard Ave	11-17 The Santa Bus, Kelowna Regional Transit in partnership with Santa. Bring non-perishable food item or cash for The Salvation Army
7-9	Christmas Puppet Show, Kelowna Library, Registration in advance is required	9-11 Living Nativity at Willow Park Church, various times, for more info: <a href="http://www.willowparkchurch.com">www.willowparkchurch.com</a>
9-10	The Nutcracker, Kelowna Community Theatre	15 Ki-Low-Na Friendship Society, Feed the People Community Dinner
8	Scrooge Christmas Breakfast, 7-10am Sandalwood Retirement Resort	14 Visit from Santa, 6:30pm, Westbank Library
10	Downtown Courtesy Gift Wrapping, 565 Bernard Ave, free gift wrapping for purchases from downtown businesses with receipts.	15 Gingerbread Dreams, 7-8pm, Summerland Library
10	Noel, Noel, Noel, Kelowna Community Chorus, 7:30pm First Lutheran Church, 4091 Lakeshore Rd	15 Magical Christmas Tales – Celebration Singers, 7:30pm Rotary Centre for the Arts
		16-17 Parade of Lights, Kelowna Regional Transit in partnership with Santa, by donation of food or cash for The Salvation Army
		17 Okanagan Symphony Orchestra,
		Ringling in the Season, 7pm, Kelowna Community Theatre
		17 Kelowna Farmer's Market, Parkinson Rec Centre, 1800 Parkinson Way
		17-18 FREE pictures with Santa-with a twist! 2pm Underwater pics at Parkinson Rec Centre
		18-19 Christmas Carol Service, 7pm, St. Michael & All Angels Cathedral, 608 Sutherland Ave
		19 Christmas with the Kranks, FREE movie showing, 6:30pm Kelowna Library meeting room
		20 Christmas Magic for the Whole Family, 6:45pm, Kelowna Community Theatre, Centre for Spiritual Living
		22 Magic 'N Miracles, Kelowna Community Theatre, 1pm, 3:30pm, & 6pm
		25 FREE Community Christmas Dinner, 5-7pm, and open to everyone, Parkinson Recreation Centre
JANUARY 2012		
1	Annual New Year's Day Dinner, 5:30pm First United Church	21 Kelowna Farmer's Market, Parkinson Rec Centre, 1800 Parkinson Way
1	Polar Bear Swim, Peachland Community Centre, 12:30pm	19-27 A Funny Thing Happened on the Way to the Forum, 8pm, Kelowna Actors Studio, 1379 Ellis St
14	Kelowna Farmer's Market, Parkinson Rec Centre, 1800 Parkinson Way	27 Master Series III-Fireworks, Okanagan Symphony; 8pm, Kelowna Community Theatre
14-22	14th Annual Winter Wine Festival, Sun Peaks Resort, <a href="http://www.ovfs.com">www.ovfs.com</a> .	23 Chinese New Year
19	Hard Times Hit Parade, 7:30pm Rotary Centre for the Arts	26 Rankin Family, 7:30pm, Kelowna Community Theatre
		26 Masterworks series III-Fireworks, 8pm, Kelowna Community Theatre, tickets at <a href="http://ticketmaster.ca">ticketmaster.ca</a>
		28 Kelowna Farmer's Market, Parkinson Rec Centre, 1800 Parkinson Way
		29 Investor's Group Walk for Memories for Alzheimer Society of BC, 10-11am, Pinnacle Elite Athlete, Capital News Centre, 4105 Gordon Dr
FEBRUARY 2012		
	Heart Month	Studio 1379 Ellis St
4	Kelowna Farmer's Market, Parkinson Rec Centre, 1800 Parkinson Way	11-12 The Stars of the Ballet Nacional de Cuba, Feb. 11, 8pm & Feb. 12, 2pm, Kelowna Community Theatre
6	CANstruction, sponsored by Rotary Club of Kelowna, watch builders erect fantastic structures out of cans of food, Orchard Park Mall	15 Canadian Flag Day
8-25	Nonsense, 8pm, Kelowna Actors	18 Kelowna Farmer's Market, Parkinson Rec Centre, 1800 Parkinson Way
		25 2012 Okanagan Arts Awards, 8pm
		24-26 13th Annual Kelowna Home Show at Prospera Place, <a href="http://www.showswork.com">www.showswork.com</a>
		25 Kelowna Farmer's Market, Parkinson Rec Centre, 1800 Parkinson Way
		30 Swinging with the Stars, Central Okanagan Hospice Association 6pm, Coast Capri Hotel



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# Never Curl TO LATE TO



Submitted by Betty Skilbeck

A few years ago, my friend Pat Brown persuaded me to join her for a fun game of curling. As I was between golfing and skiing, I decided to go along. There were

some other retired friends there, so I got fitted for shoes and handed a broom and stepped onto the ice. Although I felt too old at first to be learning a new game, I liked curling immediately and signed up for one of the clinics the club offers.

Pat convinced me to join the afternoon ladies curling club and I have been playing with them since. *Many of the women in the club have curled for over 30 years and still love the game and the social aspect of the club.* Other women have been in competitive curling for many years and now play with the afternoon ladies just for fun.

Initially I thought that all the experts would intimidate me, but instead I found them quite supportive. I was very lucky to have Dorothy for my first skip and she had a wonderful way of making me feel part of the team. Some of the women started curling after they retired and others started curling when they were home with children. Still others started curling when skiing was no longer an option.



Deanna throwing a rock.

PHOTO • CONTRIBUTED

Mostly they are women who want to be active in a sport. Fortunately, it is an affordable sport and the manager Jock generously provides shoes and brooms for those just starting out. No one has to commit for a whole year, instead you sign up for a quarter. The draw master sets up the teams and the teams are changed every quarter. Kelowna has one of the largest curling rinks in Canada with 12 sheets of ice and a lovely area to socialize over coffee or a glass of wine.



**BETTY SKILBECK** is a retired teacher and currently involved in the Okanagan Arts Award committee as well as President of Kelowna Community Concerts.



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# Compassion & Camaraderie is in the Cards

Submitted by Bernie Bay

What can be fun, educational and returns tenfold more than you invest? It's volunteering with a purpose.

That's the case for the dozen or so ladies who make cards for sale at Hospice House in Kelowna. Why consider card making as a volunteer task? It all started two and a half years ago when Bernie brought in some hand-crafted Christmas cards to sell for the "angel fund" at Hospice House and some other volunteers saw them, thought it would be a fun thing to try and the rest is history. Since then the group has expanded to include not only HH volunteers, but other card making friends who also wished to contribute their time and talents.

A common thread among all the volunteers is their desire to give back to their community and, in particular, to aid terminally-ill residents, their families and friends as they transition through this final stage of their life. You



PHOTOS • WAYNE DUCHART

L to R: Sandy Rice; Bonnie Dombowsky; Mary Gray; Bernie Bay; Joan White; Carole McCutcheon; Fran McHaffie; Jacki Morgan Sitting left to right: Barb Liversidge; Char Holitzki; Fern MacEachern; Caroline Goodman Missing from photo Esther Friesen; Margaret Herridge

don't get to be our age without experiencing a loss of a family member or friend in some capacity - often to cancer. We know what it's like to need a shoulder to cry on and a compassionate ear to bend.

At some time, in some way, we must all face the end of life, and most of us share a common hope: that when death comes to us or a loved one, it will be peaceful and free of pain. We hope to face the end surrounded by those we love, feeling safe, comfortable and cared for. To that end the "angel

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fund" was established at Hospice House, helping residents and their families with the small but important needs, such as toiletries and treats.

The cardmakers come from all demographics, some are retired while some still working. But all agree it's a wonderfully creative, positive outlet that provides a great service, while adding richness to our own lives. Enjoying the camaraderie at card making workbees on a monthly basis allows us to interact with like-minded people and to "play with a purpose."

All find it a rewarding experience; all enjoy sharing their ideas and encouraging one another. It's a truly wonderful group that we feel privileged to be a part of. While working on the cards all worries and day-to-day concerns are put on hold as we create cards. It's a win-win situation for everyone involved!



Barb, Char and May hard at work.

PHOTOS • WAYNE DUCHART

If you want to purchase any of these cards or gift tags or see more handmade products please visit us at the Central Okanagan Hospice House 2035 Ethel St, Kelowna. We also will make wedding/party favours to order. Contact us at 250-862-4126.



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# Shimmy and Shake for Charity

Submitted by Darren Visosky

PHOTO • WAYNE DUCHART



Darren and Carole Visosky ready to dance.

So... you think you can dance? Not really, but if it's for a good cause, we'll give it our best!

Last March, Carole and I were fortunate enough to be invited to attend the "Swinging with the Stars" (SWTS) event at the Coast Capri Hotel, by Greg McGill of Western Financial Group. I had recently transferred to Kelowna from Medicine Hat in my role of corporate accounts broker for Western and Greg is our senior vice president for BC. I went to the web site to do some research, noting this is a fund-raising event for the Central Okanagan Hospice Association (COHA).

Needless to say, Carole and I were blown away by this event! The banquet room at the Coast Capri Hotel was decorated beautifully, the food was amazing, the performances were nothing short of excellent. The MCs - "TJ and Andy" - as well as the judges (very funny) were first class. Everyone came away from this event being thoroughly entertained, plus COHA received in excess of \$135,000 by way of the funds raised by the dancers!

There was a card on the table suggesting any interested

celebrities should put their names in to perform in the 2012 "Swinging with the Stars" event. It may have been the euphoric mood everyone was in at the end of the night, or perhaps the red wine took over, but when Carole suggested we do this, I said, "Sign us up!"

Just to give you some idea about my dancing ability, I would class myself as being a bit of a "freestyler," leaning toward Meatloaf or ACDC, where the beat just sort of takes you where it wants. To pull off actual dance steps, well, not so much. Carole, on the other, has some rhythm, as she did belly dancing in Medicine Hat prior to moving to Kelowna. Needless to say, Chris Thorburn (our appointed dance professional) will have his hands full. Hopefully Chris will not have to go to the riding crop to get me to turn the right way while we are learning our routine.

"The work of COHA is to recruit, train and mentor volunteers to provide Palliative Volunteer Services and Bereavement counselling and support from Oyama to Peachland. In 2010 COHA volunteers logged in a total of 21,499 hours, which even at \$12 an hour provides a value of \$257,988 to the community we serve."

Carole and I thought this would be a great way of giving back to our community and to honour my uncle Bill Styner, who passed away at the Lethbridge Hospice two years ago from esophageal cancer.

I was introduced to Chris Gibson and Jim Fish at the SWTS event. They have been running a couple's golf tournament that evolved into the "Swingers Open" at Shannon Lake Golf Course. With Carole and I committing to dance in SWTS, Chris and Jim decided to expand this tourney into a fundraising event. The first annual Swingers Open for COHA golf tournament took place last July and was a huge success, raising over \$32,000 for COHA, far exceeding all expectations!



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**Vote for...**

- ★ **Chris Penty**, Penty & Company, Lawyer & COHA Board Member - dancing with **Sharon Sebo**; Tango, Kelowna
- ★ **Vern Nielsen**, Management Consultant, dancing with **Jeni MacMillan**; Latinesque Dance Studio
- ★ **Crissy Cuddihy**, Capri Insurance/ Insurance Broker dancing with **Warren Eaton**; Latinesque Dance Studio
- ★ **Dr. Deborah Zokol**, Dentist - dancing with **Tom Selzler**; Dance Connections
- ★ **Darren & Carole Visosky** - coached by Chris Thorburn; Kelowna Ballroom
- ★ **Sandra Merlo & Andrew DiPieri**, The DiPieri Clinic/Health & Aesthetics - coached by Jeni MacMillan & Warren Eaton; Latinesque Dance Studio



Carole and I moved our family, daughters Jenna, age 20, and Jordan, age 19, and our Dachshund/Shih Tzu cross, Cujo, to Kelowna in July 2010. Our eldest daughter, Jami, and her handsome husband, David, live in Calgary. I continue to work as an insurance broker and Carole and Cujo are enjoying "retirement."

Carole and I have assembled a great committee that will be assisting with our fundraising efforts for the March 30, 2012 SWTS event. Our campaign manager, Dave Ledinski, along with Ellen Young, Kirby Harsch and Jack Trenton are working hard on our upcoming COHA fundraising event. Watch for our invitation to "Greek Night for SWTS," Saturday, January 28 at the Kelowna Yacht Club!

We plan to bring our positive attitudes and willingness to learn to the table and are confident Carole and I will have the support of friends, family and associates to raise as much money as possible for COHA. See you at the March 30 SWTS event!

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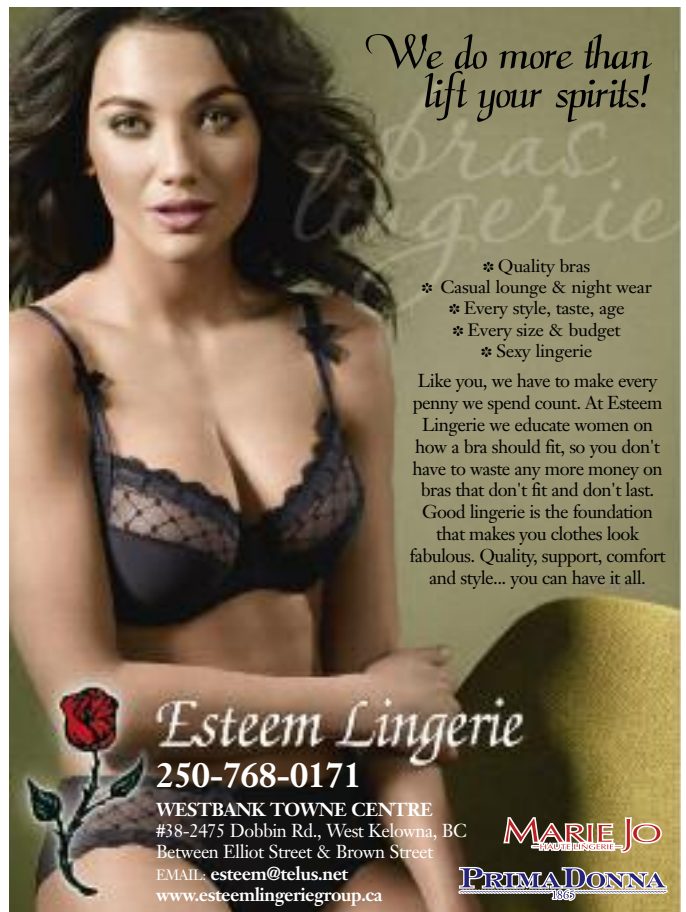
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# Hurry up and



# Relax

Submitted by Michele Morris

If anyone had spoken to me about learning the techniques of relaxation and meditation, or the importance of the mind-body connection before I got sick, I doubt I would have listened. Most type A personalities don't have time to relax, and often perceive relaxation as laziness. At least that's what this was my perception.

I will not play the blame game with myself as to why I am in my early 50s and find myself fighting two cancers, as I don't believe it benefits my journey. I will, however, readily admit that if I had recognized that my chronic stress was playing havoc with my immune system, and if I had done something to reduce that stress, then perhaps my story would be different.

I get that hanging upside down from

a maple tree planted on the south side of a street, facing a bed of sunflowers and chanting, "Cancer be gone," is not a bonified cure! I have come to know the difference between the credible and the ridiculous when it comes to assisting the healing process, and I chose a few complimentary therapies.

I was late coming to the party, but I finally arrived. I did the research, I learned the techniques, and I reap the benefits daily. I now know that our thoughts and feelings have a direct impact on the cells in our body. **I also know that practicing the techniques of relaxation, and meditation can lower blood pressure, redirect the blood flow to the extremities, slow down metabolism and reduce muscle tension, to name just a few.** There are definite physiological changes that occur when we allow ourselves to move out of the constant "fight or flight" mode and these changes benefit the way we feel, both physically and emotionally.

A cancer diagnosis can be a very powerful stressor and its effects on the body can be overwhelming. The lack of sleep; the constant worry, the racing mind that screams, "I have cancer, I have cancer," all contribute to a heightened level of anxiety. Ironically it was in the midst of this anxiety that I was first introduced to the concepts of relaxation techniques.

I attended my first class offered at the Cancer Agency in Kelowna and I remember thinking, "I have to hurry up and learn this technique so I can start to relax, damn it!" Admittedly, that was not the best way to start out, but at least I was being true to my "old self."

I saw people in the class who were just like me with that "deer in the headlights" look. I also saw others who exuded an inner peace as they battled for their lives, and I envied them and longed to get there myself. Ironically,



Michele after her daily meditation walk.

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you can't rush relaxation or meditation; it doesn't happen overnight, or even by attending a few classes. It takes time, patience, and a dedication to practicing the techniques.

I believe in the expertise of the medical professionals, and conventional treatments like chemotherapy, and radiation. But I also believe in alternative therapies like meditation, visualization and relaxation. I know that when I feel better emotionally, I do better in recovery and remission. I know that a positive attitude and laughing everyday are as important to my overall health as the surgeries and drugs that are part of my treatment plan.

It isn't rocket science, but it is science nevertheless. I invite anyone who shares a cancer diagnosis and may be interested in learning about these techniques to explore them further. There is a variety of information available on complimentary therapies that can be found on the Canadian Cancer Society website, and a host of materials and resources available at the Cancer Agency in Kelowna.

The mind-body connection is worth exploring and I am living proof that you can teach an old dog new tricks. This former type A personality finds time every day to meditate, to relax, and to laugh. And I am so much healthier for it. So altogether now - deep breath in, hold it, and let it out. There, don't you feel better already?

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# Bring Joy to Your Retirement

Submitted by Deanna LoTerzo

Sometimes, despite decades of forward planning and of rigorous financial management, we can be confronted by momentous life events, which totally alter our retirement plans or future life direction.

Unexpectedly we find ourselves dealing with overwhelming emotional and physical health issues, separation or divorce, retrenchment or other financial challenges. The prospect of a fun-filled, long retirement suddenly seems remote.

I found myself in that exact predicament when diagnosed with life-threatening cancer in 2001. In an instant my expectations and plans were turned upside down and sideways! An offspring of hard-working Italian immigrant parents in Australia, I wore the badge of the Type A personality quite proudly. I lived in a constant state of stress and driven towards even more achievement. Regardless, I was considered successful, and well-respected by my peers and employees. Very few people had an inkling that for decades I lived with feelings of profound, inexplicable sadness and a sense of isolation. I masked them well.

Always eager to respond to any challenge, it became my mission to understand the link between emotions and illness. I discovered the significance of the interplay between emotion and the many self-destructive subconscious beliefs, which determine our attitudes, behaviors and subsequently our life predicament. This information led to a prolonged period of emotional healing, realignment of my subconscious beliefs to better support my life-goals, and an acknowledgement that I was personally responsible for the choices which had led me to this crisis.

Realizing this I made the decision to walk away from a substantial pension fund and a secure financial future and started listening to what my heart truly wanted, not my head.

**I trusted my intuition to guide me forward and extraordinary things have happened since then!** To mention a



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few, I spent seven months in Nepal in a Tibetan Buddhist monastery, immigrated to Canada, and spent the last two and a half years in Vancouver in full-time study. My course titled Family Studies focused on the history, sociology and psychology of North American families and complements my work as a counselor, a profession I have been in for almost 10 years. Not surprisingly, since I began listening to the voice in my heart, I've been able to check off more than one item on my "bucket list." I now live a life I never dreamed possible!

My key message in all of this is to make sure you listen to your heart, it will bring harmony, vitality and joy to your retirement! ■

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# Retirement Then & Now

Submitted by Ross Short

When people look forward to retirement, one thing they anticipate is finally being able to do exactly what they want. This could mean pursuing a hobby, taking a trip, or simply enjoying their grandchildren. But what happens when painful joints, restricted movements and fatigue take the joy out of those well-earned rewards?

Pain-free living is a primary concern for seniors, one which, in the past, has most often been addressed with medication. Although people do find relief with this model, medications often fail to correct underlying causes of pain and may have side effects.

Let me introduce myself. My name is Ross Short, and I speak from personal experience. I was in bad shape when I entered the Victoria Pain Clinic in 1995. The powerful pain-relieving drugs that I depended on to function had reduced



PHOTO • FINE PHOTOGRAPHY

my mental clarity and quality of life - and failed to relieve my symptoms.

At this forward-thinking clinic, I received non-medical treatments that transformed my body and my life. I am now pain free, drug free and excited about helping others. What I learned at the Victoria clinic became the foundation of the 11-session program I now offer at my Body-Wize Studio in Kelowna. In my 16 years of practice, **I have found the four modalities of Body-Wize to be highly effective in reducing many of the debilitating and painful symptoms of aging.**

What causes discomfort and disease in seniors? According to Structural Integrationists like Joseph Heller, a lot of what ails us is related to stress. It has to do with our fascia - a water-like substance that wraps every muscle fibre, muscle bundle and muscle group in the human body. When we experience stress, our fascia protects vital organs by becoming sticky and gluey. This means that a lifetime of stress can result in a glued-up body that suffers from stiffness, fatigue, compromised posture and painful, restricted movement. Unfortunately, many seniors accept these symptoms as natural or normal - far sooner than they should.

I use four modalities at Body-Wize to reverse the effects of cumulative stress.

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unwinds the body's experience and brings it in line with gravity. This opens lines of communication within the body, allowing it to move more fluidly and gracefully.

In order to maintain this new postural pattern, I teach a series of core-strengthening Pilates movements that free the body and the breath to bring renewed pleasure to activities like walking, gardening, dancing and golfing.

**Vibration Therapy:** I include ten minutes of Vibration Therapy in each Body-Wize session, to improve my clients' bone density, muscle strength, balance, circulation, lymphatic drainage and to manage incontinence. The many benefits of Vibration Therapy have recently been recognized by Health Canada.

**Energywork:** Energy work improves communication between body, mind and spirit. This modality helps my clients feel comfortable and happy in their bodies.

Working together, these four modalities gave me a new lease on life. I sincerely invite you to experience pain-free, balanced well-being at Body-Wize.

**ROSS SHORT** is an ex-professional athlete who was sidelined in 1974 with multiple injuries. After a 22-year career with the RCMP, he entered the Victoria pain clinic because he could no longer manage the pain in his body. His remarkable recovery led him to become certified as a Hellerwork Structural Integrationist, Pilates Movement Instructor, Vibration Therapist and Energyworker. He is passionate about helping others.





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# A Century Full of Health and Joy

Submitted by Dr. Wayne Terai



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Laser Therapy, non-invasive painless and virtually no side effects.

this, I'd be swimming in money like Scrooge McDuck!

A large portion of my practice is caring for retirees and baby boomers nearing retirement. When I talk with these patients about living to the ripe age of 100 years, common remarks I hear are: "I can't imagine living to 100." Or "I don't want to live to 100!" **Whether you can imagine or even want to live for a century, more and more evidence is showing that the odds of seeing your 100th birthday are greater than ever.**

So, think about this: with the average person retiring at 65, there are 35 more years before their 100th birthday. These years can be spent one of two ways; filled with health, activity, love and joy. I call this "living the life of a candle" - burning strongly, all the way to the end. Or the years can be spent unhealthy on countless drugs, immobile, inactive, and miserable. This "nursing home generation" has not been taught about true, innate health. They are on the slippery slope of taking more drugs to treat more symptoms. Finally, they are put into a care home and lose their independence.

"Doc, what can I do? I've seen my parents go through this, and it's not what I want to do," a boomer will ask me. First, kudos for recognizing the writing on the wall. Now, a healthy living plan can be laid out. The plan should be written, and in as much detail as possible.

Second, with an overwhelming number of choices out there, prioritize how you will implement this plan. Make sure this plan includes being active - daily walking, swimming, golfing, or



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"Golden years? Try rusty years!"  
 "Don't get old, Dr. Terai, it's not what it's cracked up to be."  
 "I worked hard all my life looking forward to retirement, but now that I'm here, my mind is writing cheques that my body can't cash!"  
 If I had a dollar for every time I've heard comments like

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dancing, etc. For treatment options, choose non-invasive treatments first, drugs second, and surgery last. Of course, talk with a qualified doctor (medical doctor, a doctor of chiropractic, or a naturopathic physician). A second opinion is also a good idea.

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In a previous article, I wrote about some newer technologies offered in our office. The most recent addition, Bioflex low-intensity laser therapy, has produced remarkable results. Laser therapy is non-invasive, painless, and has virtually no known side effects. It's been exciting to see the progress patients make, enabling them to live more active, happier lives.

The decisions you make today will determine what your life will be. Map out what and how you want your life to be. Prioritize what you will do to get there. Investigate new options. By doing these things and making sound decisions, you will live the life you have always dreamed of and deserve. Have a wonderful century!



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Dorothy Thomas

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# Girl with the Sparkling Eyes

Submitted by Candace Giesbrecht

Know what fills your bucket and what drains it.



This description of me first appeared on my kindergarten report card and has continued to be repeated throughout my lifetime by various people. Of the compliments that I have been given, these words stand out as some of the loveliest I could hear. They are also words that can be laden with expectations.

Decades of messages from teachers and peer groups play loudly in my mind. Starting with: "Be successful at work and at home; maximize opportunities; know your potential and be the best you can be." Today, it's all about: "The sandwich generation; retirement planning and risk management."

I've read the books on simplifying and have more tools to manage my priorities than I need - but what I really need to know is how to stay sane



PHOTO • CONTRIBUTED PHOTO • SHUTTERSTOCK.COM

through it all! And apparently, I'm not alone.

With no end in sight for the various pressures that come with adulthood

and aging, managing your sanity is a critical mission. The following is the start of a list of things I think help contribute to a healthy mind:

**Give your mental health (or the health of your mind) the same priority as your physical health.** The World Health Organization says, "There is no health without mental health." We have all known people who have outstanding physical health, but are crumbling inside!

Many of the same principles we know and accept for physical health also apply to our mental health: being conscious of what you put in to your body (or mind); having symptoms of "ill health" checked out by a professional before they progress too far; being just as concerned about the little choices we make in our days as the bigger ones. These are all steps that contribute to the health of our minds and are completely achievable, regardless of what is happening in our lives.

Know what fills your bucket and what drains it. Mental health and mental illness are two ends of the same spectrum. What that means for us is that, at any given moment, we might be closer to the "healthy" or the "unwell" end. So, we need to know what kinds of

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things move us closer to health and be vigilant in ensuring those things are as much a part of our days as possible and minimize the things that do not.

Know the signs and symptoms of when your mental health is compromised and identify when to get help. For me, some signs that my mental health requires some attention include: an increased sense of tiredness; the desire to isolate from friends; and cynical, negative thoughts. It's critical that I know what the signs are so that when I see them, I know I need to pay attention and course-correct. Research has shown that, for mental health issues, the earlier the intervention - the greater the outcome.

Give yourself the same permission you give others. Most of us have no problem giving other people permission to take care of themselves, to do the things that will help them pursue wellness in any aspect of their health. Try this week to give yourself the same permission you would give others.

Of course, this list barely touches this broad and important subject. What would you add to the list?

Go to our Facebook page at [facebook.com/cmhkelowna](http://facebook.com/cmhkelowna) and post it on our wall. Let's learn from each other about how to pursue a mentally healthier life.

For more information about mental health resources available, go to [hereto](http://hereto)

[help.bc.ca](http://help.bc.ca). To learn more about the Canadian Mental Health Association Kelowna Branch, go to [Kelowna.cmha.bc.ca](http://Kelowna.cmha.bc.ca).

**CANDACE GIESBRECHT** is a self-described "recovering perfectionist." She has an extensive background in social work, working in both secular and sacred environments, which she brings to her current role as Director of Promotion and Development at the Canadian Mental Health Association - Kelowna Branch. Her connection to mental health promotion is rooted in both personal and family experience. She currently lives with her husband and son in Kelowna.



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# Music Makes us Smarter ...and Music KEEPS us Smarter!

Submitted by Jane Epp

PHOTOS • SHUTTERSTOCK.COM



Over the years, there have been many successful studies to support that learning music at an early age enhances the learning abilities of children. And, as recent studies show, it is also true that

learning music in our senior years has a similar effect, keeping the brain healthy and actively prolonging our memory functions.

As we age, we tend to find ourselves sitting in front of the television, or undertaking some other activity that does not tax our minds. I love to knit scarves or participate in some other easy pastime pleasures - and these are wonderful projects that, when we retire, we finally have time to enjoy. But when my mother developed Alzheimer's disease, I was concerned that I might inherit it. I spoke to my doctor who advised that the best way to keep loss of memory at bay is to continue to learn - especially a new language.

That is what music is - a language. Music is the only universal language. Music can be enjoyed alone in the

privacy of your own home, or it can be shared with family and friends. It is a wonderful medium of self-expression, a way to re-energize or unwind. It takes away the stress and cares and soothes the soul.

Whether you have played a musical instrument earlier in your life, or whether it is an entirely new project for you - learning music does have the ability to keep us smarter, sharper, and more engaged. It is never too late to learn!



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# Sports & Venous Disease

Submitted by Dr. Craig Crippen

When veins become blocked or when the valves fail to work properly, blood will pool in the leg and can cause swelling and pain, particularly when standing.

A new trend in athletics is the use of graduated compression garments on different parts of the body. The idea behind their use is that compression therapy will both increase athletic performance and decrease recovery time. This article will give an overview on the knowledge we have to date about this athletic and fashion trend.

Here are the touted benefits of using compression stockings:

## 1. Before Exercise

- Looks cool - no scientific studies on this but most people would agree.

## 2. During Exercise

- Increases venous return - helps the body return blood to the heart after being used for exercise.
- Reduces buildup of muscle breakdown products and lactic acid - less lactic acid and metabolic breakdown/anaerobic products in the blood would be a positive thing to increase stamina, performance and recovery time.
- Reduces injury due to muscle movement/shaking - since muscles and tissues are designed to move around, it is unclear how this can help other than making the area feel tighter and firmer during exercise.
- Decreases muscle fatigue - this goes along with the reduced amounts of breakdown products in the blood, improved venous return.
- Increases athletic performance - as a result of all of the above presumably the athlete who wears these compression clothing items should hopefully get a boost in his/her performance and not just look better exercising.

## 3. After Exercise

- Quicker recovery and less muscle soreness.

While there is a long list of stated benefits, we don't have a lot of information to go on so far with this new trend. A recent study published in the Journal of Strength and Conditioning Research in May 2011 showed that Graduated Compression Stockings (GCS) during a 10 km time trial did not affect performance time. Another study in the same journal in January 2009 did, however, show increased running performance at the anaerobic threshold in patients using compression stockings.

There does appear to be some more conclusive information regarding delayed-onset muscle soreness (DOMS) in those patients who wear compression stockings during and after exercise report less leg soreness and a quicker recovery time. Also, patients who wear these stockings say they just feel better from having worn these stockings not only while exercising but hours to days later.



Other studies have also shown that compression therapy for the lower legs can lead to lower lactic acid and creatine kinase blood levels, which would help explain quicker recovery times and less post-exercise soreness.

The jury still seems to be out on just how these stockings can help the average athlete, but certainly there are some people who swear that they perform better while wearing them. The good news here is that the average to elite athlete wearing compression stockings, there seems to be no harm and it may actually be helpful. So if you've been curious to try them out, I say give them a shot and make your own mind up on the matter. In the end, if you like them and you feel they are a benefit to you and your athletic performance, that is all that matters.



**DR. CRAIG CRIPPEN** MD ABPh DPD was born and raised in Ottawa, Ontario. In his years of study, Dr. Crippen has attended three distinguished Canadian Universities and obtained four educational titles including his Doctor of Medicine (M.D.) degree. Since graduating in 2001, Dr. Crippen has continued to expand his knowledge, specializing in the fields of Vein, Laser and Cosmetic Medicine.

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*In a recent lab report, 69% of those asked said that women look younger and more attractive when they wear a smile rather than makeup.*

# Now That's Something to Smile about

Submitted by Dr. Robert Wageman

I got to do a wonderful thing this year. I was privileged to change a woman's life by drastically improving the appearance of her smile. It is interesting how much we get back ourselves when we reach out and help another.

Not everyone is lucky enough to be blessed with a beautiful smile. In fact, nature can be downright cruel at times. Some of you can relate to being teased as "Billy Buck-

Tooth" or "Snaggle-Tooth Sally." In this case, Rita - not her real name - had a life threatening infection as a little girl. The treatment was an antibiotic that saved her life, but irreversibly darkened her developing teeth. So, from a little girl on, Rita learned not to smile to protect herself from the teasing and ridicule. *When one doesn't smile, society perceives them as sour, unhappy, or stern.*

PHOTOS • WAYNE DUCHART

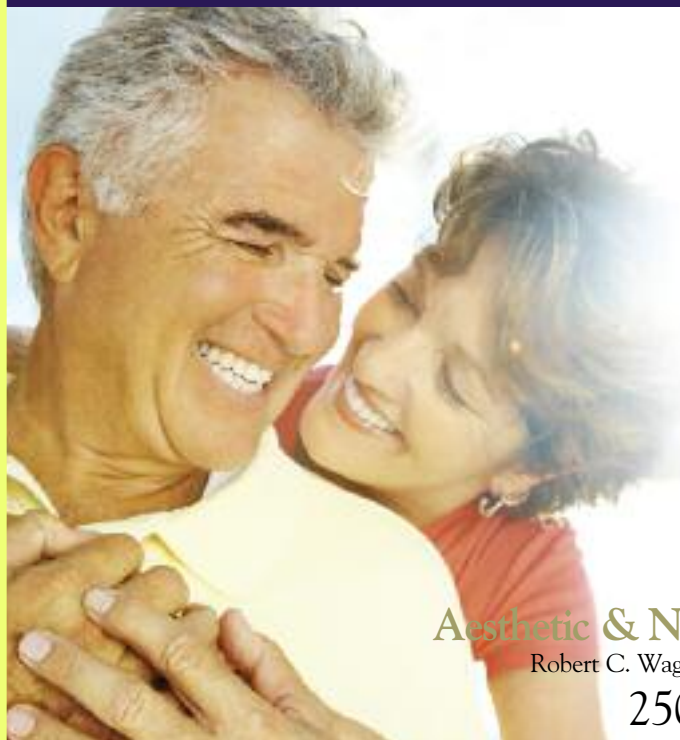


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They say only seven per cent of what we communicate is verbal, and over 50 percent is body language. You can see how miscommunication can take place when one is forced to hide a facial flaw like poor teeth. Rita became a master at it. She never smiled for pictures and always laughed in a subdued way that covered her dark teeth with her lips. Wouldn't you?

Earlier this year, Rita came to our office and shared the hurt she endured as a child, and the shame she now felt as an adult. To make matters worse, her husband had recently passed away of cancer suddenly, leaving her with a young daughter to raise alone. My tearful dental assistant declared, "We've got to help this woman!" And I concurred.

After many inquires and requests, we partnered with Aurum Ceramics Lab in Calgary, and together we made Rita's dream come true. To see her smile widely for the first time in her life, and see the "beautiful" Rita she was meant to be, is a reward that no money can buy. Her life is forever changed.

She is free from the bondage of shame and ridicule, and can be a confident and happy woman.

If you can relate to Rita's story, don't let life rob you of the joy Rita now enjoys. Ask questions and look for answers. It may not be a mouth full of crowns or veneers as in Rita's case. It may be as simple as tooth whitening, or bonding the space between your teeth that you've always hated. Just don't wait. Life is too short and precious to live with regrets.

And as for Rita's daughter, she now invites her friends over to see her mom's beautiful smile.



**DR. BOB** was raised on Wageman Road, in Lake Country. He graduated from Loma Linda University, School of Dentistry in 1977 and completed advanced Cosmetic and Neuromuscular training at the Las Vegas Institute. He has practiced family and cosmetic Dentistry in Kelowna for 34 years.



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# Functional Fitness is About You

Submitted by Alva Wong



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Most people begin a workout program with similar fitness goals in mind: to enhance performance, improve daily functioning, and change physical appearance.

While physical appearance is often the factor that motivates us to make a lifestyle change by losing weight, toning up, and gaining strength, it is often the reason we give up on our programs as well. Either we achieve our goal weight or running distance and feel we've reached the finish line, or we battle the scale and the treadmill mileage and give up in defeat. But other measures of success and fitness are not

only more useful and less discouraging; they are also longer-lasting and tend to be better predictors of overall health and functioning.

**Functional Fitness is a type of fitness that meets the goals of weight and fat loss, while simultaneously responding to real-life physical challenges.** With a focus on integration, coordination, balance, and correct movement, functional exercises are often more difficult than traditional machine-based maneuvers and have greater benefits as well. With practice and guidance under a fitness professional, anybody at any age can achieve

functional exercise movements.

Improved balance, posture, and alignment acquired through functional fitness enhance strength, flexibility, and balance while minimizing the potential for injury by incorporating multiple muscle groups as they function together during everyday life. While conventional cardiovascular and resistance training isolates individual muscles, they don't generally support muscle integration. This is one reason you can bench press 60-pound dumbbells one day, yet struggle to lift a box of books the next. But what if you could design a gym routine that supported your body's needs as you respond to life's daily demands?

An ideal functional fitness circuit includes five basic movement patterns: push, pull, squat, overhead press and rotation. Like life itself, these basic movements incorporate the entire body through exercises like push-ups, pull-ups, squats, dumbbell chest presses and medicine ball rotations. These elements will add functionality to your workout. The best way to train for health is to mirror your everyday actions and train them to become better.

So, what does a functional workout look like? Well, imagine a bent row. Holding a dumbbell in one hand, with your arm hanging straight down from the shoulder, you gently pull the dumbbell up, pointing your elbow points toward the ceiling. You finish the



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**CONTEST PERIOD:** Contest begins on Dec. 5, 2011 and ends on Feb. 24, 2012 at 11:59:59pm PST.

**HOW TO ENTER:** Email us at [beyond50@telus.net](mailto:beyond50@telus.net) and put "WORLD GYM" in the subject field. Send us your photo(s) maximum of three and no more than 250 words why we should pick you? Please include name, contact # and email address. The winner will be announced in the Spring 2012 issue (March) of Beyond 50. Beyond 50 will also do a follow up article in the Winter 2012 issue to show the winner's transformation. Winner must be willing to allow an article and photos to be used by Beyond 50 Magazine and World Gym.

**THE PRIZE AND APPROXIMATE RETAIL VALUE:** One 6 month membership valued at \$349.50 (not including taxes). Membership includes: Access to Kelowna and West Kelowna facilities, women's only and co-ed workout areas, complimentary fitness consultation, free group fitness classes, TV's on all cardio pieces. Also available at a small fee are tanning, child care and personal training. Prize must be accepted as awarded and is not transferable or convertible to cash.





move with your upper arm parallel to the ground. By engaging the back, shoulders, and arms in this position, you have just activated the same muscles, in combination, as a nurse bending over a patient or a plumber bending over a pipe.

Your everyday life is the best predictor of your workout design. While you will see fat loss and calorie burning benefits from any combination of increased heart rate and muscle engagement, a sophisticated workout that meets all your needs will focus on your lifestyle so you can protect your body and continue to work and function at your best - both in and out of the fitness center.

Functional fitness is about you - your lifestyle and your ability to support your own weight through a full range of daily motion, without injury or pain.

For information on designing a functional fitness routine specific to your needs come talk to one of our certified fitness coaches here at World Gym Kelowna.

**ALVA WONG** is the director of Health & Wellness at World Gym where he continues to help everyone reach their fitness goals. He is continuing to grow stronger roots in the community of Kelowna from coaching youth teams and helping to guide every generation to their fitness awakening. Health has many factors from spiritually, exercise, nutrition and enjoying life. Think happy thoughts and they will come true!



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# Travel: It's Good for You!

Submitted by Dawn Rueckl

Saint Augustine once said, "The world is a book, and those who do not travel read only a page." Those seniors dedicated to a lifestyle of continued learning, personal health, and general well-being are definitely not those content to stay on the same page. For those people, travel is essential.

At the risk of criminal oversimplification, quality of life as you age is directly related to quality of health. Good health means sound mind and useful body. Maintaining good health means exercising and stretching mind and body to keep them fit and working, plus feeding both the right materials to make the ground fertile for growth. Travel can help provide all these things.

Travel is good for the brain. It allows the brain a chance to stretch and grow by constantly being challenged by the unfamiliar. The brain is presented with new perspectives, thereby creating new connections. You meet people and form relationships based on a foundation that is unfamiliar. You develop new skills by challenging yourself with tasks and activities that you may not have tried before. You expand your sensory experience by trying new foods, listening to different music, and seeing varied landscapes. All of these



PHOTO • SHUTTERSTOCK.COM

stretch and enhance the brain.

A lifestyle that incorporates constant learning is also important to good health. **Traveling beyond the familiar and into the greater world provides a source of education that cannot be found elsewhere.** You gain firsthand knowledge of economy, politics, history, geography and sociology.

Travel allows you to truly live in the moment. When the packing and planning is done and you hit the road to discovery, leaving the familiar in the rearview mirror, you truly are in the zone. There is so much new stimuli forcing you to use your brain in new and unfamiliar ways that you truly are living in the here and now, something that is very good for your sense of well being.

Living in the moment is great for the body as well. Centering on the here and now releases the stresses of daily life and ongoing concerns, allowing the body to relax. Reducing stress has been linked with better blood pressure, increased concentration, reduction of headaches, and easing of digestive disorders.

Level of activity also increases during travel. Because you will not have your familiar methods of transportation at hand, you will find yourself relying on the most primitive and convenient form of transportation: your feet. And you are often outdoors for long periods, adding healthy doses of Vitamin D and vitality.

Travel is also an ambassador to world peace. As the great author Mark Twain once said, "Travel is fatal to prejudice, bigotry and narrow-mindedness." Every time you connect with people who live and work in different countries or cultures or even neighbourhoods, you make a connection. And when you increase connections between people, you increase understanding. And when you increase understanding, the world becomes a smaller and more peaceful place. Making the world a better place is definitely conducive

to feeling good about yourself, which is, of course, good for your health.

So what are you waiting for? Travel - it's good for you!



**DAWN RUECKL**, CTP, Vice President of Wells Gray Tours has been fortunate enough to work in the travel industry for most of her adult life. She began her love affair for tourism during Expo '86.



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# Winter Walks in Regional Parks

Submitted by Risti Lesperance

The winter months present a veritable wonderland of walks and outdoor activities for the young and young at heart, so bundle up and discover a favourite new park or trail this season. Regional Parks Services manages over 1,000 hectares of public parkland in the Central Okanagan and there are countless trails waiting to be enjoyed.

The Mission Creek Greenway is a perennial favourite, and with good reason. Over 16 kilometres of trails follow Mission Creek from Lakeshore Road up to Scenic Canyon Regional Park, with trail grades ranging from easy to difficult. **A walk along the Greenway is a pleasure in any season, and particularly in the winter months when you are treated to a landscape of snow-laden trees and snowberries.** The Greenway passes through Mission Creek Regional Park, which offers a network of trails that lead up into the hills by Hall Road. Who knows, maybe you'll see some feathered friends or even a deer foraging for food.

When in West Kelowna, be sure to walk Glen Canyon, Gellatly Nut Farm, or Shannon Lake Regional Parks, to name just a few. In Peachland, Hardy Falls Regional Park is an easy



PHOTO • CONTRIBUTED

Snowshoers at Telemark.

walk up Deep Creek to the falls viewing platform at the head of the trail. Check out a copy of the Regional Parks guide for dog accessible parks and those with limited winter access. Guides are available online at [www.regionaldistrict.com/parks](http://www.regionaldistrict.com/parks), at tourist information centres and municipal offices, as well as at the EECO (Environmental Education Centre for the Okanagan) in Mission Creek Regional Park.

Looking ahead into spring and beyond, Regional Parks Services offers guided walks, hikes, and other public programs year round to help residents and visitors discover, enjoy, and celebrate our special Okanagan sense of place. For more info on events and programs in a regional park near you, visit [www.regionaldistrict.com/parks](http://www.regionaldistrict.com/parks). See you out there!

**RISTI LESPERANCE** is a Park Interpreter and Community Relations Liaison with the Regional District of Central Okanagan. Look for Risti out in a regional park leading school programs and helping people learn about and connect to the natural world. Contact: [parks@cord.bc.ca](mailto:parks@cord.bc.ca)

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# There is Life After Loss

Submitted by Laura Grenda

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During our 2006 spring break in Phoenix, my husband, Hank, and I went on excursions and planned future retirement adventures. We discussed the joy of being grandparents someday. We planned to retire from teaching in July 2007.

The last weekend of the holiday we met our kids for a family wedding in Seattle. Early the next morning, in the hotel room, Hank had a heart attack. It was surreal. We were joined at the hospital by relatives and friends, bringing food, clothes, and comfort. For the next five days I kept up my optimism. I believed Hank would recover. But Hank passed away at age 58. I became a widow at 53.

The next weeks were a blur. Hank's staff and students arranged his memorial service. Family members and friends volunteered to speak. Several thousand people came to pay tribute. Hank was such a generous man, well liked and admired.

"Our son, age 25, returned to Vancouver to look after his grandmother and to go back to work. Every weekend he would come home; every Sunday I would cry seeing him drive away alone. My daughter, age 23, stayed with me for five months.

For weeks, friends and family took care of us. Hank's staff prepared our dinners for a month. His basketball team came to look after the yard. My brother-

in-law did my taxes. I hadn't asked for that help, so receiving it made me feel even more supported.

The worst part was seeing my children in pain. I wanted to fix things for them but knew that was impossible.

It was difficult to live alone. But I didn't complain because I knew both my children would have moved home and that wouldn't have been best for them. I couldn't have made it without my kids, sister, friends, neighbours, and countless others. My best friend came every Tuesday and made me dinner. My husband was gone but I had to go on living.

I managed to complete my last year of teaching but it was exhausting! Hank's colleagues told me complimentary stories and "Hankisms." I appreciated them but the memories made it difficult to concentrate on work. I felt like my heartbreak was visible. I was sick all of January after that first Christmas. It was bittersweet when I retired alone.

**I heard someone say that the second year of grief is harder than the first. The first year you are numb.** The second, people don't mention your loved one as much, they don't want to "remind you" of them. However, they are on your mind constantly and you want them to be remembered. I miss Hank every day.

Through this process I learned sleep



PHOTO • CONTRIBUTED

March 2006 at a family wedding in Seattle.

is invaluable. People want to help but don't know what to do or say; you must ask for what you need. It helps to have a small daily purpose; mine was walking my joyful dog. When I regained strength I started planning things to look forward to. I look after myself. For a long time grief took most of my energy. Now I can be creative and active with my hobbies and interests.

Since Hank's passing, my son and I travelled to Japan. He does household chores and repairs for me. His Dad would have loved to see him using inherited skills and work ethic. My daughter earned her teaching degree. Her Dad would be proud as Hank loved teaching.

I made one of our planned retirement trips to New Zealand and Australia, but with my sister and brother-in-law instead of with my husband of 29 years. I walked my daughter down the aisle at her wedding at the home Hank built. Hank liked my new son-in-law.

I became a "nana" when my daughter had a baby girl in June. The joy she brings me is immeasurable. Hank would have been such a great "papa" - patient and kind.

I'm still making plans for future fun, they are just very different from how I imagined.



**LAURA GREENDA** is a retired teacher/counsellor from School District 23. She loves living in Lake Country where she walks, plays pickle ball, crafts and hosts family and friends. She still starts planning her weekend fun every Tuesday.

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